

Diabetes & Kidney Disease Prevention

A Model Public-Private Partnership

2012 Guide for Michigan Health Policy Makers

Submitted by
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Prevent
OBESITY

in
order
to

Personal responsibility plus state programs that focus on lifestyle improvements can reduce the lifetime risk of obesity, diabetes, and kidney disease.

Prevent
DIABETES

in
order
to

Reducing obesity and increasing physical activity can prevent the onset of type 2 diabetes; one of the most common, preventable chronic diseases.

Prevent
KIDNEY DISEASE

We know how to manage diabetes to prevent kidney disease/failure and the other complications from (unmanaged) diabetes such as heart attack, stroke, blindness, and amputations. Diabetes is the leading cause of kidney failure.

And

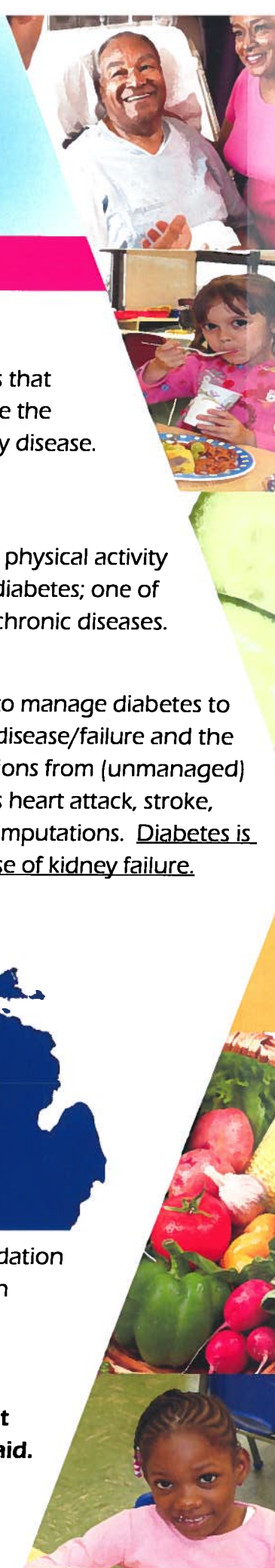
Create
A Healthier Michigan



The conditions in which we live, learn, work, and play – “the social determinants of health” — have an enormous impact on peoples lives.

The Michigan Department of Community Health and the National Kidney Foundation of Michigan are working together to address the social determinants of health in communities and “move the needle” to improve lives for people living with, or at-risk-for, diabetes and kidney disease.

Preventing obesity and diabetes in addition to managing diabetes to prevent complications saves money for employers, health care, Medicare, and Medicaid.



Outcomes-Based Programs

Reducing Obesity & Increasing Physical Activity to Prevent Diabetes & High Blood Pressure

Obesity prevention starts with Early Childhood Programs

Healthy Families Start with You, Regie's Rainbow Adventure, Pe-Nut

These programs focus on teaching pre-school age children about healthy lifestyles, including healthy eating habits and physical fitness.

- In 2011, over 12,000 kids learned about healthy living
- Over 75% of parents indicated that they and their children eat more fruits or vegetables, and over 70% were more physically active.



Obesity prevention continues from elementary through high school with education on healthy living & disease prevention



Kids and Kidneys (elementary school)

Students learn about good nutrition, exercise, and disease prevention.

Healthy Kids and Kidneys (6th grade)

In this intensive 8-week program, one thousand students at high-risk for diabetes, high blood pressure and kidney disease learned to improve their nutrition and exercise habits to stay healthy.

KICK (Kids Interested in the Care of Their Kidneys) (high school)

Students learn about diabetes, high blood pressure, disease prevention, and organ donation.

- In 2011, over 76,000 kids were educated statewide
- Served since 1997: Over 1.3 million
- Students show a 15% increase in knowledge from pre to post testing



Focusing on Rural Areas:

Northern Michigan Diabetes Initiative (NMDI)

Based in Traverse City, NMDI is an 11-county collaborative of health and community organizations to prevent and manage diabetes.

Since 2006 NMDI has achieved:

- 20% increase in patients with diabetes with an improved A1c
- 26% increase in A1c screenings to detect diabetes
- 16% increase in patient referrals to Diabetes Self-Management Education

Upper Peninsula Diabetes Outreach Network (UPDON)

Based in Marquette, UPDON is a 15-county organization that promotes partnerships to strengthen diabetes prevention and detection throughout the entire Upper Peninsula (UP). UPDON coordinates:

- Professional education and consumer resources
- Personal Action Towards Health (PATH) workshops
- Tribal, community and clinical partnerships

and Results

The Diabetes and Kidney line brings match dollars to Michigan

- And provides programs in under-served minority communities

Improving Diabetes & High Blood Pressure Control to Prevent Kidney Disease/Failure

Diabetes Self Management Education (DSME)

DSME is critical since diabetes patients are responsible for 99% of their care.

Disease-management + DSME = a return on investment of \$4:\$1.

- In 2011, over 32,000 were educated statewide.
- National studies show that DSME provides:
 - Reduction in health care costs
 - Fewer emergency room visits
 - Fewer hospital admissions
 - More HbA1c testing
 - More kidney testing
 - More eye testing
 - More lipid testing



Personal Action Toward Health (PATH)

An evidence-based workshop where participants learn to take an active role in managing their chronic condition. Studies show: participants improve their self-efficacy, energy, symptom management and communication with health care providers. Better disease self-management results in fewer hospitalizations.

- Served statewide in 2011: 3,100
- Served since 2007: 9,500
- Estimated health care savings of \$200/person over 2 years
- Estimated savings in 2011: Over \$3 million

EnhanceFitness

A low-cost, evidence-based exercise program that helps adults become more active and empowered to sustain independent lives.

- In 2011: Nearly 2,000 participated in 52 sites in Michigan
- Results include weight loss, and in some cases, better blood sugar and blood pressure control
- Estimated health care savings of over \$500 per person per year.
- Estimated Savings in 2011: Up to \$1 million



Healthy Hair Starts with a Healthy Body™ and Dodge the Punch: Live Right™

African American beauty salon stylists and barbers are trained to provide health education in their communities.

- In 2011: over 2,000 clients were reached
- Served since 1999: 43,000 clients
- 71% of salon and barbershop clients made at least one healthy lifestyle change and improved medication adherence

WISEWOMAN

WISEWOMAN provides low-income women with diabetes screenings and information to improve their diet and physical activity levels.

- 2008-2011: 9,200 served in 34 counties
- 303 women were diagnosed with diabetes



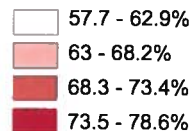
Obesity, Diabetes & Kidney Failure are all related.

Create
A Healthier Michigan

Obesity:

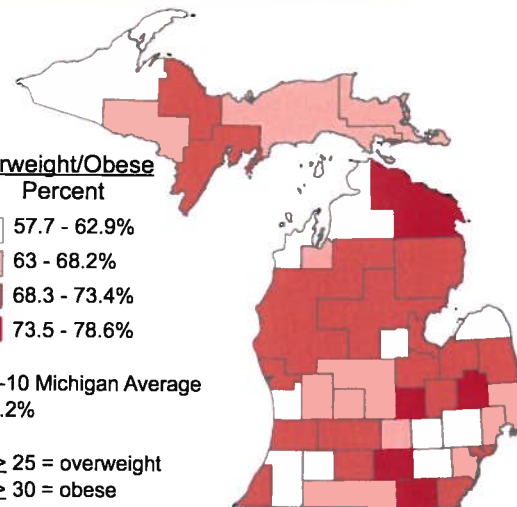
- Over 66% of Michigan adults are overweight or obese (having a Body Mass Index (BMI) over 25)
- Continues to increase among all ages
- Is expected to quadruple by 2018 (projected by CDC)
- Lowers quality of life
- **Can be prevented by adopting healthy lifestyle changes like eating healthy and increasing physical activity**

Overweight/Obese
Percent



2008-10 Michigan Average
= 66.2%

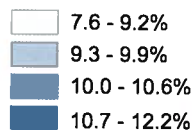
BMI \geq 25 = overweight
BMI \geq 30 = obese



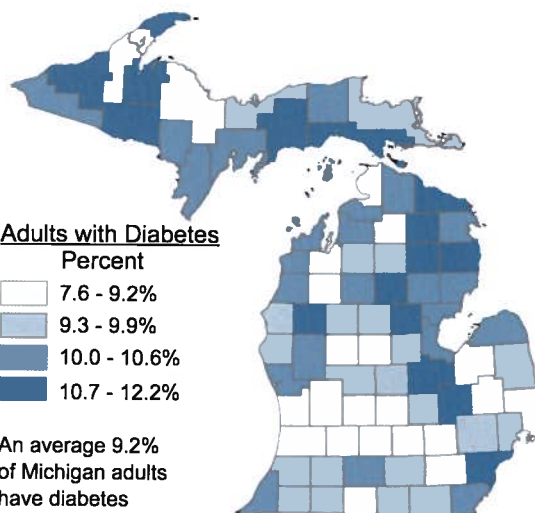
Diabetes:

- Is a serious health concern and economic issue
- Is often caused (type 2 diabetes) by obesity or being overweight
- **Can often be prevented (type 2 diabetes) by maintaining a healthy weight and engaging in physical activity**
- **Can be managed (type 1 and type 2) when diagnosed, to prevent kidney disease/failure and the other complications: heart attack, stroke, blindness, and amputations**

Adults with Diabetes
Percent



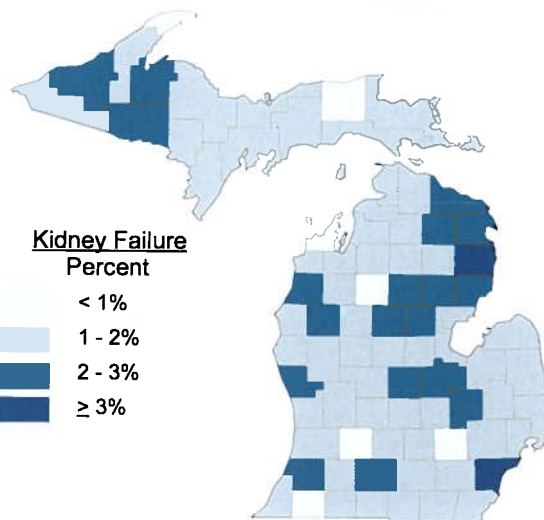
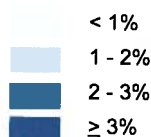
An average 9.2%
of Michigan adults
have diabetes



Kidney Failure:

- Is caused primarily by unmanaged diabetes and uncontrolled high blood pressure
- Disproportionately affects African Americans and other racial minorities
- Grew at an average rate of 9% per year from 1987-1997 **but slowed** to an average of 3.7% per year between 1999 and 2009
- **Can be prevented or delayed by preventing and managing diabetes and high blood pressure, the two leading causes of kidney failure**

Kidney Failure
Percent



Data and programs in this handout are provided/supported by the Michigan Department of Community Health (www.michigan.gov/diabetes) and the National Kidney Foundation of Michigan. (www.nkfm.org) *Cost savings are based on initial studies published in the AHRQ Publication, the Journal of Preventative Medicine, and www.DiabetesEducator.org. Using this data cost savings were estimated by the National Kidney Foundation of Michigan.

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www.nkfm.org
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Only 8% of
charities receive
4 stars from
Charity Navigator



**Diabetes Partners in
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